

- 1 Fig. 6 illustrates a person performing the spine twist stretch.  
2 Fig. 7 illustrates a person performing the hamstring stretch.  
3 Fig. 8 illustrates a person performing the legs-apart hamstring stretch.  
4 Fig. 9 illustrates a person performing the groin stretch.  
5 Fig. 10 illustrates a person performing the quadriceps stretch.  
6 Fig. 11 illustrates a person performing a calf stretch.  
7 Fig. 12 illustrates a person performing an alternate calf stretch.  
8 Figs. 13a-b illustrate a person performing standing knee to opposite chest.  
9 Figs. 14a-b illustrate a person performing a L-kicks exercise.  
10 Figs. 15a-d illustrate a person performing push-outs.  
11 Figs. 16a-b illustrate a person performing the behind-the-neck press.  
12 Figs. 17a-b illustrate a person performing the front press.  
13 Figs. 18a-b illustrate a person performing the upright row.  
14 Figs. 19a-b illustrate a person performing the bicep curls.  
15 Figs. 20a-b illustrate a person performing the tricep kickback.  
16 Figs. 21a-b illustrate a person performing sit-ups.  
17 Figs. 22a-b illustrate a person performing leg-outs.  
18 Figs. 23a-b illustrate a person performing vertical scissors.  
19 Figs. 24a-b illustrate a person performing leg raises.  
20 Figs. 25a-b illustrate a person performing elbows to knees.  
21 Figs. 26a-b illustrate a person performing knees to elbows.  
22 Figs. 27a-b illustrate a person performing march in place on toes.  
23 Figs. 28a-b illustrate a person performing side benders.

1 Figs. 29a-b illustrate a person performing deadlifts.

2 Figs. 30a-~~b~~<sup>c</sup> illustrate a person performing squat thrusts.

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